

Oregon's Early Learning and Kindergarten Guidelines

Social-Emotional Development

Social-emotional development refers to the ability to form relationships and manage emotions. Skills and behaviors in this area include:

- Being part of a group
- Recognizing one's own feelings
- Recognizing the feelings of others
- Caring for others
- Expressing feelings in a productive way
- Having positive relationships
- Cooperating
- Playing with others
- Solving problems when conflict arises

Adults can help support children's development in this area by:

- Encouraging friendships
- Talking about feelings
- Discussing personal boundaries
- Modeling good problem-solving
- Noticing acts of kindness
- Encouraging children to work together on a shared activity
- Taking into account and adjusting for a child's culture and language
- Playing games with rules
- Setting up a reliable schedule and routine
- Providing support and/or accommodations to help children engage with peers

